

**THE TRUSTEES OF TRINITY COLLEGE
POLICY ON STUDENT MENTAL HEALTH**

Trinity College Policy No. 8.2

Policy Statement

This policy on student mental health is intended to comply with the State of Connecticut mandate that the governing boards of institutions of higher in the state adopt, and update as necessary, a student mental health policy. Accordingly, the policy sets forth: (1) the mental health services and programming provided to students each academic year, (2) the availability of, and eligibility requirements for, student mental health leave, and (3) the resources available for crisis response, imminent danger, and psychiatric hospitalization.

The Counseling and Wellness Center

Founded in 1963, the Counseling and Wellness Center at Trinity College (CWC) provides counseling and psychotherapy services to all Trinity students at no cost and with no pre-established session limits, as well as consultation and outreach to the campus community. The staff includes licensed psychologists and licensed clinical social workers and offers externship placements for 1-2 advanced graduate students each year from accredited doctoral programs in clinical psychology. The CWC contracts with a psychiatric APRN who provides medication consults and prescriptions to students who are being seen in the Center when appropriate.

Mental Health Services and Programming Provided to Students Each Academic Year

The CWC provides the following mental health services and programming to students each academic year:

- Individual counseling and psychotherapy at no charge and with no preset session limits.
- Crisis management for students
- After-hours consultation for students and on-call student life staff
- Prevention and outreach programming
- Psychiatric medication evaluation and management
- Consultation and mental health awareness workshops for students, faculty, staff, campus organizations, and groups

Voluntary and Mandatory Student Mental Health Leave

Mental health services are available to students under the following circumstances:

1. Voluntary Mental Health Leave:
 - Available to a student diagnosed with psychological or psychiatric conditions that inhibit the student's ability to function successfully or safely in the academic environment.

- A qualified student may request a voluntary mental health leave by consulting with a member of the Dean of Student and Community Life Office or in consultation with the CWC.
- A student requesting a voluntary mental health leave is encouraged to discuss the leave with a member of the CWC staff, who will be able to assist the student with the planning process and in accessing appropriate treatment.
- Faculty members and advisers will be notified by the Dean of Student and Community Office whenever a student will be on leave, and the student will contact professors regarding outstanding work and plans for its completion.

2. Mandatory Mental Health Leave.

- In cases where a student is deemed to pose a risk of self-harm or harm to others, and the resources of the college are deemed inadequate to properly address the situation, the college may place the student on a mental health leave, involuntarily.
- Whether to impose a mandatory mental health leave will be determined by a member of the Office of the Dean of Student and Community Life, in consultation with the CWC. The CWC or the Dean's office may engage an independent licensed mental health provider to assist in the evaluation.
- Mandatory mental health leaves should be imposed only after the administrator making the decision evaluates the severity of the situation and determines whether the concerns regarding the student's mental health can be addressed through other measures, such as temporary reasonable modifications of college policies or the engagement of parents.

Returning to Campus after A Voluntary or Mandatory Mental Health Leave

Students returning to campus after a voluntary or mandatory mental health leave must observe the following requirements:

- Submit a request form to the CWC. The form must be completed by the student's provider(s) of mental health services during the leave. (The form can be obtained at the CWC.)
 - The form requests details on the diagnosis, treatment completed, prognosis, medications prescribed, a statement of the provider's assessment of the student's readiness to return, and recommendations for follow-up treatment and any recommended accommodations when returning to Trinity.
- A member of the CWC staff will review the form, consult with the provider, as necessary, and then make a recommendation to the Dean of Student and Community Life Office about the student's readiness to return.
- The Dean's Office will make the final decision on a student request to return from mental health leave.

Resources Available for Crisis Response, Imminent Danger, and Psychiatric Hospitalization

To enhance the safety and well-being of the campus community, the college provides the following resources for crisis response, imminent danger, and psychiatric hospitalization:

- The CWC is available to work closely with student life staff and other administrators, to assist students experiencing significant emotional distress, who are at risk of harm to self or others, or who requiring hospitalization. If a student in distress is with a member of the CWC staff and believes he or she is in crisis, the CWC staff member ascertains whether the student is willing to go to the hospital. If the student is not in contact with a member of the CWC staff, the administrator identifying the crisis contacts the CWC for assistance.
- If a student in distress is cooperative and not hostile or physically threatening, Campus Safety will transport the student to Hartford Hospital and the CWC will contact the Behavioral Health unit to provide background information and let them know the student is en route. Although the Behavioral Health Unit of Hartford Hospital is our preferred facility, if there are circumstances suggesting that another facility may be more appropriate, that will be considered.
- If a student in distress is unwilling to go to the hospital voluntarily or is deemed to pose a risk to harm self or others, a CWC staff member will contact Campus Safety and Campus Safety will contact an ambulance, or the Hartford Police Department, as appropriate. While the CWC staff member may call the ambulance or HPD, the preferred procedure is to link that to Campus Safety. The CWC staff member involved should be prepared to sign an emergency authorization/request for transport, otherwise the Hartford Police Department may be asked to do so. Reasonable steps should be taken to ensure the student's safety while waiting for transportation. The CWC staff member will contact the hospital to provide information regarding the student's situation.
- A student in distress will be asked to sign appropriate releases to permit communication with parents, deans, and others that the student wishes to be contacted. If the student is deemed incapable of giving consent or it is otherwise impracticable to obtain the student's consent, the college will exercise discretion in communicating with parents, deans, and others.
- The CWC staff member involved, or the Director of the CWC, will work with the hospital to determine if and when a student who was transported to a hospital may be readmitted to the college and will arrange follow-up treatment or other services necessary for the student's successful return to the campus.

Responsible Officer

Joseph J. DiChristina, Vice President for Student Success and Enrollment

Key Offices to Contact Regarding the Policy and its Implementation

Counseling and Wellness Center, Dr. Randy Lee

Dean of Student Life, Dr. Jody Goodman

Date of Initial Policy

January 1, 2022